

WHAT IS CLAIMED IS:

1. A method for preparing instant fried noodles comprising kneading a mixture of raw materials containing a cereal flour to prepare noodle dough,
5 preparing strands of the noodle with the noodle dough, and frying the strands of noodle to prepare fried noodles, wherein pH of the noodle dough and/or pH of the strands of noodle before the frying is so controlled that a pH value of the fried noodles is 6.5
10 or less, thereby preparing the instant fried noodles with lowered acrylamide.
2. The method for preparing instant fried noodles according to claim 1, wherein the pH value of the noodle dough is controlled by kneading the mixture
15 of raw materials in the presence of at least one pH-controlling agent, and/or by applying an acidic aqueous solution to the noodle dough and/or the strands of noodle before the frying.
3. The method for preparing instant fried noodles
20 according to claim 2, wherein the pH-controlling agent is capable of decreasing the pH value of the noodle dough, and the acidic aqueous solution is capable of decreasing the pH value of the noodle dough and/or the strands of noodle.
- 25 4. The method for preparing instant fried noodles according to claim 3, wherein the pH-controlling agent is selected from the group consisting of carbonate and

phosphate.

5. The method for preparing instant fried noodles according to claim 4, wherein the carbonate is selected from the group consisting of potassium carbonate, sodium hydrogencarbonate, and sodium carbonate, and the phosphate is selected from the group consisting of potassium pyrophosphate, sodium pyrophosphate, sodium polyphosphate, sodium metaphosphate, tripotassium phosphate, trisodium phosphate, disodium hydrogenphosphate and sodium dihydrogenphosphate.

6. The method for preparing instant fried noodles according to claim 2, wherein the acidic aqueous solution contains an organic acid selected from the group consisting of lactic acid, citric acid, phytic acid, malic acid, ascorbic acid and erythroic acid; and/or a phosphate selected from the group consisting of sodium metaphosphate and sodium acid pyrophosphate.

7. The method for preparing instant fried noodles according to claim 1, wherein the pH value of the strands of noodle before the frying is controlled by kneading the mixture of raw materials in the presence of at least one additive having a low buffering ability to a change in pH of the mixture of raw materials, and by applying an acidic solution to the noodle dough and/or the strands of noodle before frying.

8. The method for preparing instant fried noodles according to claim 7, wherein the additive having a low

buffering ability is a carbonate selected from the group consisting of potassium carbonate, sodium hydrogencarbonate and sodium carbonate; and/or a phosphate selected from the group consisting of potassium pyrophosphate, sodium pyrophosphate, sodium polyphosphate and sodium metaphosphate.

9. The method for preparing instant fried noodles according to claim 8, wherein the additive having a low buffering ability is the carbonate selected from the group consisting of potassium carbonate, sodium hydrogencarbonate and sodium carbonate, and a small amount of the phosphate selected from the group consisting of potassium pyrophosphate, sodium pyrophosphate, sodium polyphosphate and sodium metaphosphate.

10. The method for preparing instant fried noodles according to claim 9, wherein the additive having a low buffering ability is one or more kinds of the carbonate alone.

11. Instant fried noodles with lowered acrylamide prepared by the method according to claim 1.